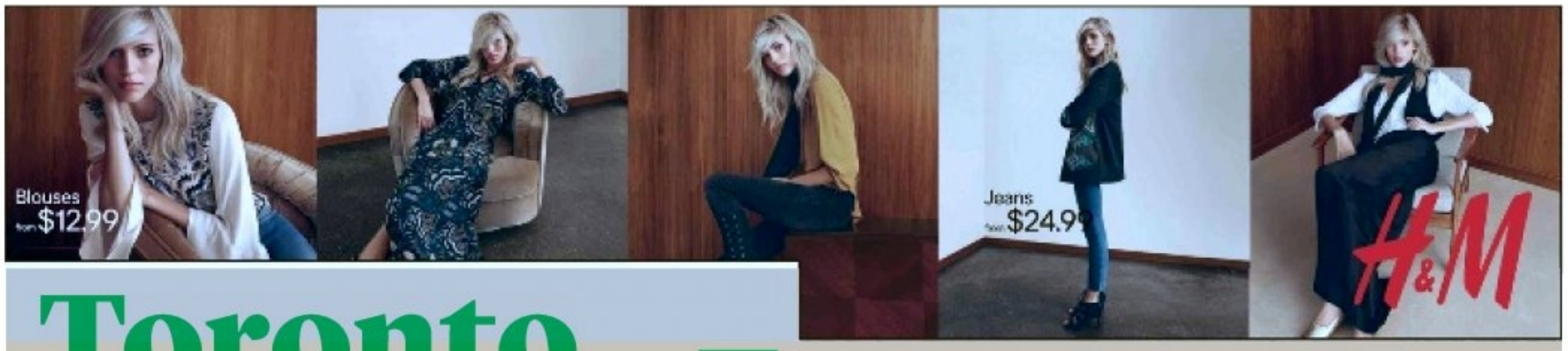

Toronto metro

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MOVE LIKE A BABY

Jays' Pillar has a new(born) training regimen

metroSPORTS

TORSTAR NEWS SERVICE FILE

The rise of the rental

REAL ESTATE MARKET

Last year new units hit highest number in GTA since 1993

Luke Simcoe
Metro | Toronto

After decades of condo dominance, the real estate market appears to be returning to rental.

Some 2,800 new rental units were started in the GTA last year, the highest number since 1993. And it's a trend playing out right across Canada.

A report issued this week by the Altus Group shows a third of all new apartment construction was purpose-built rental in 2015. The percentage hasn't been that high since the mid-90s, said Altus economist Peter Norman.

Key to the change: "larger investors" are showing interest, Norman said.

"They're looking for a steady income," he added.

In Toronto, 45 per cent of the population rents, but, in the past 20 years, 95 per cent of new residential construction has been for people looking to buy homes, said city planner Noreen Dunphy.

Much of the resulting demand has moved to the secondary condo rental market, but Dunphy says there's been an "uptick of interest" from developers looking to build rental housing.

"We're thrilled if developers are staying rental," she said. "We could be at the beginning of a trend, but it's too soon to tell if it's going to last for more than a few years."

There are a number of rental developments planned for Toronto, including the 1,000-unit redevelopment of Mirvish Village. Still, Dunphy remains only cautiously optimistic.

Many developers will "hedge their bets," she said, by also applying for condo licences, meaning any rental stock they create could be temporary.

"When do we count them? When they're built," Dunphy said.

Dunphy hopes more purpose-built rental does arrive in Toronto. The city's vacancy rate has hovered at about 1.7 per cent for years, and that makes it difficult for renters to find stable housing, she said.

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Your essential daily news Ban on growing medical marijuana struck down; pharmacies jump at chance to dispense legal pot. Canada

CULTURAL SENSITIVITY

Schools backing logo ban

Some school boards are already reviewing their own sports teams and say they expect most across the province would support a ban on students wearing clothing with offensive names or logos, be they professional or local teams.

"At the Durham board, we did a quick look at our team logos, maybe five or six months ago, on a number of platforms — one, for offensiveness and another to make sure (they were original)," said Michael Barrett, who chairs the Durham District School Board and is head of the Ontario Public School Boards' Association.

None, he noted, were found to be objectionable.

The Equity Summit Group of Ontario, representing 26 equity officials in school boards, wrote to Education Minister Liz Sandals as well as directors of education, asking that clothing with team logos, names or mascots demeaning to indigenous peoples be kept out of schools.

"Our schools across Ontario are fostering a learning environment that is asking indigenous and non-indigenous children to tolerate racism and it must stop immediately," the letter states.

TORSTAR NEWS SERVICE

Toronto vs. Michael Moore

WASTE MANAGEMENT

Director casts some blame for Flint crisis northward

Luke Simcoe
Metro | Toronto

Filmmaker Michael Moore took some time out of his busy schedule to trash talk Toronto on Wednesday, but it turns out his claims are mostly garbage.

The Oscar-winning director, whose new documentary Where to Invade Next premieres Friday, told The Canadian Press that Torontonians are at least partially to blame for the water crisis in his hometown of Flint, Mich.

"There's truck after truck after truck, every hour of every day," he said. "If you're throwing out the trash tonight in Toronto, you're contributing to the poisoning of Flint, Michigan."

However, Toronto stopped shipping garbage across the border in 2010, after buying the Green Lane landfill near London.

"We can confirm that any city-managed garbage or garbage received at city-run transfer stations is not going to Michigan," said Derek Angove, Toronto's director of waste management.

Filmmaker Michael Moore attends a rally outside city hall in Flint, Mich., accusing Gov. Rick Snyder of poisoning the city's water. He's also laying some of the blame for his hometown's water woes on Toronto. JAKE MAY/THE FLINT JOURNAL VIA THE ASSOCIATED PRESS

Even when the city did send its household trash south of the border, it went to a landfill in Sumpter Township, 130 kilometres south of Flint. Industrial and business waste from Toronto does still flow into Michigan but goes to the Detroit area.

Flint has been grappling with water contamination since 2014, when lead from aging pipes leached into its drinking supply.

Things came to a head in January when Michigan's governor declared the city to be in a state of emergency.

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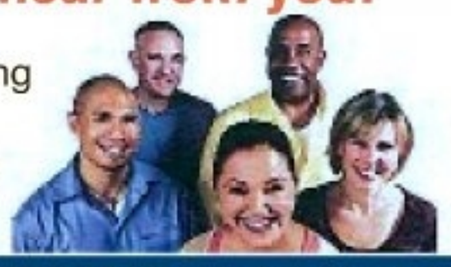

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METRO EXPLAINS

Diverting the city's waste in three steps

The city's landfill will be completely full by 2029 if garbage diversion rates don't improve. So says a new report from the Toronto Environmental Alliance, which outlines a three-step plan towards creating a "zero waste" city.

Gilbert Ngabo
Metro | Toronto

1 **More recycling:** Twenty per cent of a typical residential garbage bag is filled with recyclable materials, and many buildings and businesses do little to no recycling, the report says. Providing equal access to, and encouraging more use of, blue bin recycling is critical.

2 **Organic waste:** An average Canadian household spends $28 each week on food that's not eaten and thrown in the garbage. The report recommends reducing food waste by donating it to community programs, increasing access to green bins and using compost to enrich soil on farms.

3 **Reusing "leftovers":** Items such as broken toys, unused construction materials and discarded clothing or furniture shouldn't end up in garbage bins. Cities like Vancouver and San Francisco have found ways to recycle these items. Vancouver, for example, reuses pieces of demolished homes to build new houses.

+ BUT WAIT, HOW REALISTIC IS IT?

The plan: Tabled as the city prepares to start talking about its long-term waste management initiative, **the strategy can help Toronto improve its recycling and composting rates to 85 per cent, up from 50 per cent.**

With a commitment from the city, more access to blue and green bins and more education, the zero waste philosophy "is very achievable," said report author Emily Alfred.

Mayfair on the Green, a condo development in Scarborough, is one example. A door-to-door outreach effort that talked to people about sorting waste and recyclables helped lead to big results over a three-year period.

The building went from filling 20 dumpsters per month to just one, increasing their recycling and composting rate to 85 per cent — three times more the average for Toronto buildings.

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Marco Muzzo, right, arrives at the court house for his sentencing hearing in Newmarket on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

DURHAM

Teen faces 15 charges in mass stabbing

Staff and students were back at Dunbarton High School having a "normal school day" Wednesday, while the 14-year-old girl charged in Tuesday's mass stabbing there remained in custody.

Hands and feet in shackles, the teenager appeared in an Oshawa prisoner's box for a bail hearing Wednesday morning. She is scheduled to appear in youth court March 1. The girl, whose identity is protected under the Youth Criminal Justice Act, is facing 15 charges, including six counts of assault causing bodily harm, seven counts of assault with a weapon and possession of dangerous weapons.

She appeared in court wearing a grey, long-sleeved shirt and black yoga pants and maintained an expressionless gaze throughout the hearing. While giving her name and date of birth, she spoke in stilted, sing-song speech and when asked if she could hear the proceedings, answered, "Sorta."

Although the Durham District School Board initially reported that six students and three staff members had been injured in the attack at the Pickering school, Durham Regional Police now say a total of five students and two staff members were injured. Four were sent to hospital for treatment, but their injuries are not considered serious.

DDSB Superintendent John Legere said staff members directly involved in Tuesday's attack were present and social workers were on site providing support for students and staff at the school.

"Attendance is high here today," he said. "We're very pleased that the school is feeling like a normal school day."

Social media reports say the girl had been bullied, but a spokesperson for the Durham District School Board declined on Tuesday to comment about whether that was the case.

TORSTAR NEWS SERVICE

Court hears from Muzzo

HEARING

Judge to give sentence March 29, Crown asks for 10-12 years

The first day of his sentencing hearing focused on the children and grandfather he killed in a drunk driving car crash, but Wednesday was all about Marco Muzzo.

The defence, pushing for a sentence of eight years in prison, presented the court with 92 letters of support — from family, friends, co-workers and Muzzo's priest — which lawyer Brian Greenspan said spoke to the 29-year-old's "fundamental decency."

Muzzo pleaded guilty earlier this month to charges of impaired driving causing death and impaired driving causing bodily harm for the Sept. 27 crash in Vaughan that killed 65-year-old Gary Neville and his three grandchildren: Daniel Neville-Lake, 9, Harrison, 5, and Milagros, 2.

The children's grandmother and great-grandmother were seriously injured.

Muzzo had nearly three times the legal limit of alcohol in his blood at the time of the incident, court heard.

When it came time Wednesday for Muzzo to face the children's parents from the witness stand — just as their mother did Tuesday when she gave a powerful victim impact statement — Edward Lake and Jennifer Neville-Lake chose to exit the courtroom quietly.

They returned after he had finished reading his prepared statement.

"Ever since the tragedy that occurred as a result of my inexcusable conduct, I have wanted to say that I am sorry and apologize to your family from the bottom of my heart," Muzzo said, holding back tears, as members of his family wept in the front row.

"I wish that I could be able to give back to your family for all I have taken. I will spend the rest of my life attempting to atone for my conduct — by devoting myself to educating the public of the disastrous consequences of drinking and driving."

Muzzo will remain in custody until he is sentenced on March 29 by Superior Court Justice Michelle Fuerst.

The Crown is asking for a sentence of 10 to 12 years in prison and that Muzzo be banned from driving for eight to 12 years.

Crown attorney Paul Tait spoke of a "regrettable upward trend" of impaired driving in York Region, and of how Canadian courts have started to impose harsher sentences as a way to address the "scourge" of impaired driving.

"It is time to send a message, and the Crown's position of 10 to 12 years in a penitentiary for Mr. Muzzo sends such a message," he said in court.

TORSTAR NEWS SERVICE

> **I don't want to listen to the man who is responsible for killing my children.** Jennifer Neville-Lake

Share if you like this idea

STARTUP

Community hub would let users lease toys, gear and more

Gilbert Ngabo
Metro | Toronto

A Toronto group is trying to take its model of sharing to a whole new level.

Founders of the Toronto Tool Library are working on a new project that aims to prove everyone becomes a little richer when resources are shared.

Tentatively scheduled for a spring launch, the Sharing Depot is planned as a community hub where people can lease things like camping gear, sports equipment, kids toys or even supplies for your next house party.

"This will be a real library of things," said co-founder Ryan Dyment.

The success of the tool library is a clear indication that people are hungry for more sharing, Dyment said. In just three years, the startup has opened four locations across the city, registered more than 2,000 members and loaned upwards of 25,000 tools ranging from screwdrivers to hacksaws.

Along with acting as a community service, the Sharing Depot will help emphasize the "circular economy," Dyment said.

Someone who owns a tent, for example, may only use it once or twice a year. Through the sharing model, it can be used by dozens of people over time and, eventually, reduce the amount of trash tossed into landfills.

"People should stop buying things they don't always need," Dyment said, adding the long-term strategy is to partner with manufacturers and make sure products are designed to be durable, reused and shared.

CROWDFUND

The group needs $30,000 to open the Sharing Depot. More than $6,000 has already been raised through an Indiegogo campaign.

Founding members of the Toronto Tool Library are working to open **the Sharing Depot, the first Canadian "library of things."** CONTRIBUTED

"The idea of a circular economy is for more people to lease things rather than own them. That's the future that I think is practical."

> People should stop buying things they don't always need.
> Ryan Dyment

INSIDE WORKERS

Union says city slowing talks

The union representing about 28,000 inside city workers is accusing the city of slowing down bargaining talks.

The comments by CUPE 79 president Tim Maguire came in the third day of a work-to-rule campaign.

"Talks for some reason have continued to slow," Maguire told a news conference over the lunch hour. "We're here to bargain."

Maguire said Local 79 has a team that's educating employees and management about exactly what are the job descriptions of various workers. Under the work-to-rule, workers are now only doing tasks that are exactly in their job descriptions, Maguire said.

As an example of the work-to-rule campaign, Maguire said that part-time aquatics instructors have only 15 minutes to write evaluations. They will either only do the evaluations they can complete in that time or request overtime to complete swimmers' evaluations, Maguire said.

TORSTAR NEWS SERVICE

Ontario budget targets climate change

ENVIRONMENT

Fuel, natural gas costs set to rise in coming year: Wynne

The price of fighting climate change will be an additional 4.3 cents per litre for gasoline and $5 a month on the average natural gas bill.

But Premier Kathleen Wynne, whose government will formalize those increases in Thursday's provincial budget, insisted consumers could also expect lower electricity rates down the road.

Starting next January — when Ontario's carbon-pricing regimen with Quebec and California is in place — fuel costs will begin to rise, said Wynne.

"We need to deal with climate change," the premier said Wednesday at Ryerson University.

"In terms of gasoline, we expect that there would be in the order of an average of 4.3 cents increase," she said, noting the effect extreme weather is already having on everything from infrastructure damage to insurance rates.

"The cost of doing nothing is much, much higher than the cost of going forward and reducing greenhouse-gas emissions."

Under the cap-and-trade system, businesses have greenhouse gas limits — or caps — and those coming in under theirs can sell or trade credits.

That creates an economic incentive to pollute less and should promote the use of greener energy sources.

Wynne, whose government is spending billions on new public transit to get people out of their cars, emphasized that green innovations should reduce other costs for Ontarians.

With both gasoline and natural gas costs dropping due to record-low oil prices, the Liberal government is banking on drivers and ratepayers not being jolted by sticker shock.

Environment Minister Glen Murray on Wednesday afternoon tabled the legislation outlining the framework designed to reduce Ontario's greenhouse gas emissions to 15 per cent below 1990 levels by 2020, 37 per cent by 2030, and 80 per cent by 2050.

TORSTAR NEWS SERVICE

$60

The average Ontario homeowner will pay about $60 more annually for the natural gas they use to heat their homes starting next year.

The scene at Bloor-Yonge subway station on Wednesday morning. INSTAGRAM/@KATE_DELEMEN

PUBLIC TRANSIT

No solution in sight for subway woes

Jessica Smith Cross
Metro | Toronto

There are no quick fixes for snarled commutes like the one that left Bloor-Yonge Station filled to capacity — and trains passing through without stopping — on Wednesday morning.

Simply put, you can expect it to happen again and again, both the TTC and a local transit expert said.

Wednesday's problems were sparked by an 8:30 a.m. "personal injury at track level" at Queen's Park Station that required a police investigation, TTC spokesman Brad Ross said. That shut down north and south transfers on the University-Spadina line.

The situation was compounded when people on packed trains activated emergency alarms because they felt faint, Ross said.

TTC expert Steve Munro said it all stems from overcrowding, and all solutions to that are years or decades away.

"For a few decades now we've operated on the basis that the (subway system downtown) is full, but it gets by, but that only works as long as everything goes right," he said.

Some relief will come when a new signal system goes online in 2019, Munro said.

But, the long-term solution, Munro said, is building a relief line, running east from downtown to Sheppard.

IN BRIEF

Brampton council takes a crack at curbing Uber

In their first formal move against Uber, the 11-member Brampton city council voted unanimously Wednesday to request the company suspend UberX operations "in a show of good faith" while city staff review the regulations governing taxis and limousines.

But that motion is not binding on Uber, which has largely refused to suspend operations in other cities, including Toronto.

Uber Canada gave no assurances they plan to comply with council's request. TORSTAR NEWS SERVICE

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Happy 50th birthday, Bloor

Fifty years ago today, the first east-west subway line opened in Toronto. Some things were different back in 1966 (among other things, some of the women wore furs and at least one man sported a top hat). But many things were strikingly similar to the conversations we're having today about transit in the city.

Jessica Smith Cross
Metro | Toronto

Above: Former PM Lester B. Pearson was one of the first on the Bloor train on Feb. 25, 1966. COURTESY CITY OF TORONTO ARCHIVES
Below: Premier John Robarts was on hand to help open the Bloor subway, calling it a "milestone". TORSTAR NEWS SERVICE FILES

1 Subway chic

On opening day, The Toronto Daily Star wrote about a group of "socialites," who'd been up all night in order to take the first ride at 6 a.m.

"At Castle Frank, there was a stir. Eight Rosedale socialites got aboard, the ladies in evening gowns and fur jackets. They'd been to the Royal Canadian Yacht Club ball at the Royal York and then played snooker at the home of Mr. and Mrs. George Sinclair — his brother is a radio commentator — until subway time. Mr. and Mrs. Richard Scrivener (he was a consulting engineer on the subway), Mr. and Mrs. Harry Molo (he wore a top hat) and Mr. and Mrs. Harry Rowland."

The press no longer refers to women by their husbands' names, but then, as in now, Toronto has fashionably dressed citizens who are enthusiastic about transit. Only, today, we call them hipsters.

2 Accessibility

Then, as now, accessibility was a concern.

"In the name of process, a couple of problems have been created by the new subway," wrote N. Edmonds to the Daily Star shortly after the Bloor-Danforth line opened.

"There are certain people, not necessarily all senior citizens, who cannot climb stairs, as one must do, for example, at Spadina."

Today, Spadina station is accessible on the Bloor-Danforth line — but it remains inaccessible to riders on the University line who cannot use stairs.

3 The limelight

Politicians' egos don't seem to have changed much over the last half-century.

Former mayor Allan Lamport complained to the Daily Star about being excluded from the ceremonial opening of the line.

"I did a much more important thing... I went to see my mother in St. Michael's Hospital," he said. "The only thing that would have drawn me to the subway opening was an official invitation to be among the platform guests, and I didn't get one. But I'm not going to discuss it."

4 Still on track

Perhaps it's only human nature to be unable to make accurate predictions about the future.

Fifty years ago, the Daily Star interviewed Bill Watson, the secretary of the Ontario Electric Railway Historical Association, who mournfully predicted that subways would soon mean the death of streetcars.

"You know, in 15 or 20 years, kids won't know what a streetcar is," he said.

5 Lines drawn

Thirty years before amalgamation, urban-suburban tensions divided the city. In 1967, an angry Mayor William Dennison said a tax exemption given to the TTC in order to expand the Bloor-Danforth line into Etobicoke and Scarborough was just "another slice of foreign aid" to the suburbs.

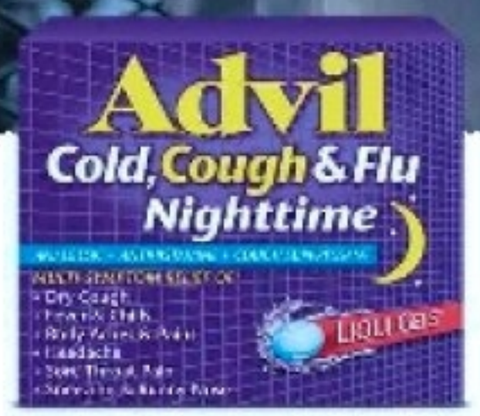
Chester's celebrating in style

You know it's a big day when a subway newsstand gets "dressed up" like a piñata and a dancer performs some "family-friendly burlesque."

It's happening Thursday at Chester Station as artists who've taken over the former newsstand there to mark the Bloor line's 50th anniversary.

Jess Dobkin and other artists have been using the space for performance and visual art in the past year. Their contract is up April 30, and, before they go, they're planning a series of special events, including Thursday's celebration.

It starts at 3 p.m. when the piñata makeover will be unveiled. Volunteers will also hand out birthday balloons and cake, spokesman Carson Pinch said. DJ Nick Red will be there, spinning hits from 1966 and providing the background music for a dance party. JESSICA SMITH CROSS/METRO



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CARAMILK

Defence staffer clarifies candy

A Wikipedia page for the Cadbury Caramilk bar was anonymously edited by a computer with a Department of National Defence (DND) Internet Protocol address, according to the Twitter handle Government of Canada Edits. The edit corrected the erroneous information that the confection is a chocolate bar.

ISTOCK

On the Cadbury Caramilk page, the word "chocolate bar" was changed to "candy bar." The account @gccaedits automatically tweets whenever somebody edits a Wikipedia page from a list of known Canadian government IP addresses.

"The Caramilk bar does not meet the legal definition of a chocolate bar ... due to the use of vegetable oils in production," wrote the DND editor in a note about the revision.

TORSTAR NEWS SERVICE

Court gives green light

REGULATION

Ruling allows medical pot users to grow own cannabis

Neal Hall
For Metro

A Federal Court judge has struck down the new medical marijuana regulations put in place by the Conservative government in 2013, finding the new rules are unconstitutional.

But Judge Michael Phelan has decided to suspend striking the ruling for six months to allow the federal government to craft new regulations.

The landmark ruling means that the four B.C. plaintiffs in the case, heard in Vancouver last year, will be able to continue growing their own medical marijuana.

The new regulations were brought in by the Conservative government, forcing medical pot users to buy their marijuana from a commercial grower.

Neil Allard of Nanaimo, B.C. and three other users launched their constitutional challenge two years ago, arguing buying from commercial growers is more expensive and made them choose between their health or their liberty, as they faced possible jail time, if they continued growing their own.

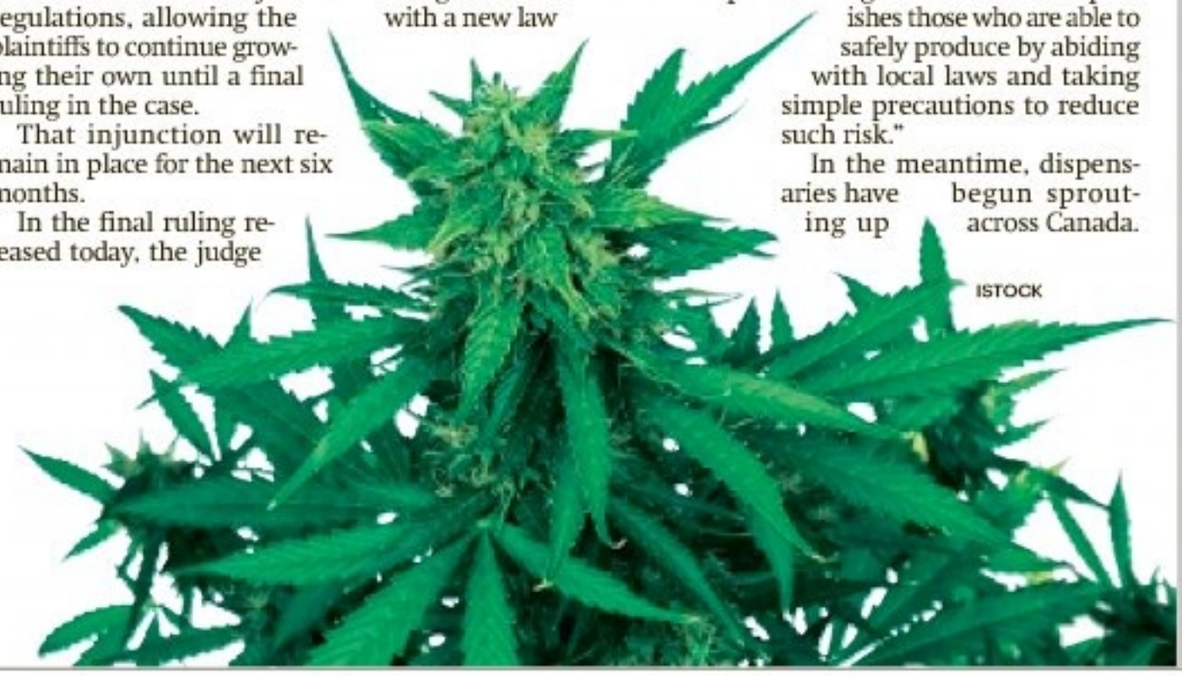
The court had previously granted an injunction against the new medical marijuana regulations, allowing the plaintiffs to continue growing their own until a final ruling in the case.

That injunction will remain in place for the next six months.

In the final ruling released today, the judge decided the plaintiffs were entitled to a declaration that their Section 7 Charter rights had been violated by the new regulations and was not justified.

The ruling comes after a new federal government was elected and Prime Minister Justin Trudeau has promised to bring in legalization of marijuana, but has not yet drafted legislation.

Today's court ruling will push the government to come up with a new law within six months.


ISTOCK

Judge Phelan said in his ruling that he accepted the government's argument that the new regulations were brought in to reduce the risks of fire, mould, diversion, theft and violence "that inherently exist to a certain degree — although I note that these risks were not detailed."

The judge added that "this significant restriction punishes those who are able to safely produce by abiding with local laws and taking simple precautions to reduce such risk."

In the meantime, dispensaries have begun sprouting up across Canada.

DISTRIBUTION

Experts weigh in on plans

- The Neighbourhood Pharmacy Association of Canada says pharmacies are best equipped to dispense medical marijuana given their expertise in prescription drug management. The association's members include London Drugs, I.D.A. and Rexall. Shoppers Drug Mart also called pharmacies the safest bet.
- Canadian laws on pot must be upheld and enforced despite the government's plans to usher in legalization, former Toronto police chief and Liberal MP Bill Blair said Wednesday. THE CANADIAN PRESS

ISTOCK

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Nations on migrant route overwhelmed

IMMIGRATION

Tensions rise as EU countries asked to share refugee burden

Overwhelmed by a wave of refugees and what they call indecision in the European Union, Austria and its southern neighbours along the Balkan migrant route agreed to tighter border controls at a meeting Wednesday - and warned that sooner or later they will have to shut their doors entirely.

Greece, the first point of landing for most of the migrants arriving by boat from Turkey, was not invited to the meeting and responded angrily by threatening to block decisions at a forthcoming EU migration summit if sharing of the refugee burden is not made obligatory for member states.

The EU has set up a scheme to share 160,000 migrants arriving in Greece and Italy. Even that would be only a fraction of the total numbers, but so far, barely 600 people have been relocated, and only some EU partners have offered places for them — fewer than 5,000 spots in all.

Prime Minister Alexis Tsipras said that from now on Greece "will not assent to agreements" unless all its partners in the EU are forced to participate proportionately in the relocation and resettlement of refugees. A senior government official, who spoke on customary condition of anonymity, clarified that Tsipras was specifically referring to a March 7 summit on immigration.

Tsipras lashed out at EU member states that "not only erect fences on their borders but at the same time do not accept to take in a single refugee."

Austria has recently capped the number of asylum-seekers it will accept daily at its borders to 80, and limited the number of refugees it will let pass through the country. THE ASSOCIATED PRESS

An Afghan woman holding her son reacts as they arrive with other refugees and migrants from the Turkish coast to Mytilene, Lesbos island, Greece. MANU BRABO/THE ASSOCIATED PRESS

CALAIS

Mass evictions ordered
The clock is ticking for hundreds of migrants in the city of Calais waiting for a judge to decide whether to postpone an eviction order. The court ruling on the question says that the decision could come on Thursday, two days after the deadline expired for the state-ordered mass evictions. Authorities say the order concerns 800 to 1,000 migrants.
THE ASSOCIATED PRESS

REPUBLICAN RACE

Trump's campaign builds momentum

Donald Trump THE ASSOCIATED PRESS.

Donald Trump's campaign for the Republican presidential nomination is building a momentum that may sweep away challenges by Florida Sen. Marco Rubio and Texas Sen. Ted Cruz, with his crushing win in the Nevada caucuses marking a third straight victory in state contests.

Rubio captured second place with fewer than 2,000 more votes than Cruz as final vote totals were reported Wednesday morning.

Trump, the billionaire New York businessman, now can claim victories in the West, the South and Northeast — a testament to his broad appeal among voters frustrated with the political establishment. His rivals are running out of time to stop him.

On Wednesday, Trump won his first endorsements from sitting members of Congress, with Reps. Duncan Hunter of California and Chris Collins of New York announcing they are backing him for the Republican presidential nomination.
THE ASSOCIATED PRESS

GERMANY

Trio convicted of theft
Two men were convicted of theft and given suspended sentences in the first trials for New Year's Eve crimes in the German city of Cologne. A third suspect was convicted under juvenile law and put on probation.

The spate of thefts and assaults on women near Cologne's main station, blamed largely on foreigners, caused public uproar as Germany faces a huge influx of migrants. More than 1,000 criminal complaints were filed, more than 400 of those alleging sexual crimes.
THE ASSOCIATED PRESS

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Express yourself

Facebook's emoji update covers your 'likes,' 'loves' and every emotion in between

It was bound to happen. The trusted "Like" thumbs up is no longer cutting it. After testing five new reactions with Facebook users in Ireland, Spain, Chile, Portugal, the Philippines and Japan for, well, their reactions, Facebook is now rolling out the expanded emotions globally.

The social-media network chose to offer more nuanced reactions — "love," "haha," "wow," "sad" and "angry" — alongside "like" — to give users "greater control over their expressivity," says Julie Zhuo, Facebook's product design director.

Facebook went through comments on friends' posts, as well as emoji-like stickers people were using. It chose the most common ones and tested those. They considered dozens of reactions — but offering them all would have been confusing. Think of having to flip through pages and pages of emojis: Do you want one wink, a tear, a full frown or a half frown?

Facebook ultimately chose these six reactions for their universal appeal — something that could be understood around the world. Even a generic happy face "was a little bit ambiguous and harder for people to understand," Zhuo says.

Each reaction comes with an animated emoji, such as the thumbs up for "like" and a heart for "love." These emojis will look the same around the world, but phrases such as "love" will be translated.

Torstar News Service tested out a few run-of-the-mill Facebook posts and how reactions can evolve.

1 Sad

The situation: Your friend says his beloved cat has died.

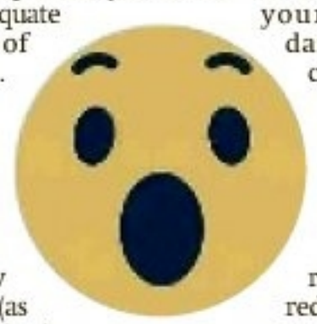
Old school: It would be strange to "Like" that post. You want to offer your support, but a comment is the only means to do so. You should text him, too, by the way.

New school: Click the "Sad" icon and add a comment with your condolences if you were particularly close with the departed. You should still text your friend, by the way.

2 Wow

The situation: Your sibling posts some adorable photo of your niece's birthday.

Old school: You "Like" the post, but deep inside you know it's an inadequate reflection of your joy. Man, she is so cute.



New school: Click the celebratory "wow" icon (as in, "Wow, she is so cute!") and take solace in knowing that Facebook really nailed it this time. The "Love" emoji would also be appropriate here.

3 Anger

The situation: A friend delivers an award-winning rant about a terrible public transit commute (I mean, two short turns while packed in like sardines is pretty bad).

Old school: Show your solidarity with a comment relaying that no one deserves that cruel start to the day.

New school: Use the "Angry" emoji to succinctly convey all your rage with one squished-up red, angry face.

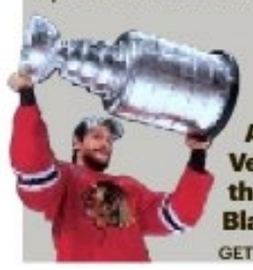
TORSTAR NEWS SERVICE AND THE ASSOCIATED PRESS

IN BRIEF

Beijing overtakes N.Y.C. as home to most billionaires
Move over, New York City: Beijing is the new "Billionaire Capital of the World." THE ASSOCIATED PRESS

Farmers call for more seasonal workers
Agriculture groups want the federal government to allow more producers to hire foreign seasonal employees to work on farms. THE CANADIAN PRESS

Looming playoff drought for Canada's teams could be a 'massive hit' to Rogers
For the first time in more than 40 years, the Stanley Cup playoffs may lack a Canadian team this season. Rogers Media's coffers could suffer at the hands of the teams' lacklustre performances three years after the company invested in the sport. THE CANADIAN PRESS



Antoine Vermette of the Chicago Blackhawks. GETTY IMAGES

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FINANCES

Experts say take advantage of the tax break

Michelle Williams

The RRSP deadline is just days away — falling on Feb. 29 this year. If, like many people, you haven't saved for it, you might be considering the potential tax saving and wondering if you can still take advantage.

There are ways to make a registered retirement savings plan contribution without having the cash on hand. The simplest way is to take out a loan.

Saving by borrowing isn't as strange as it sounds if you do it right.

"If you take out a $5,000 loan, for example, pay back as much you can when you get your refund and then commit to paying off the rest before the end of the year," advises Philip Goldband, chartered professional accountant with G & G Partnership. "It is better to contribute savings throughout the year, but the next option would be to pay back a low-interest loan."

If you're considering this, be sure to shop around for the best loan.

"Some RRSP loan vehicles are certainly better than others," says Jason Pereira, senior financial consultant at Woodgate Financial. "Look for one with a low interest rate and no interest for the first few months through a major bank or investment firm. They're easy to get — applications can be done online and approvals come in right away."

Another way to borrow is to set up a home equity line of credit. "Borrowing against the equity you have in your home is the most affordable and flexible borrowing account you will find," says Pereira.

If all this borrowing sounds counterproductive, just remember that you're getting tax savings from the government that will help pay it back.

"The government is giving you a chance to pay them less money, but only if you save for yourself," explains Pereira. In a nutshell, it's better to owe the bank and have savings than owe the government and not have savings.

The deadline to contribute to your RRSP is just days away, so now's the time to pull together a contribution. ISTOCK

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metro VIEWS
Your essential daily news
Thursday, February 25, 2016

CHANTAL HÉBERT: ON THE QUEST FOR AN OPPOSITION LEADER

There are no fewer than eight and as many as a dozen Conservatives testing the federal leadership waters.... History suggests that the more crowded the field, the greater the odds that a dark horse will emerge as the unlikely winner.

Depending on the day of the week, there are no fewer than eight and as many as a dozen Conservatives testing the federal leadership waters.

Should they all enter the race to succeed Stephen Harper, this could make next year's Conservative leadership vote the most unpredictable federal contest in a decade.

Past history suggests that the more crowded the field, the greater the odds that a dark horse will emerge as the unlikely winner.

There were eight candidates on the ballot when Stéphane Dion won the Liberal leadership in 2006. Another four had withdrawn prior to the vote.

Over on the Conservative side, Joe Clark beat 10 rivals for the Tory leadership in 1976.

Neither contest featured a consensual front-runner. Nor, at this early stage, does the campaign to succeed Harper. In contrast with the last Liberal leadership campaign, there is no heir-apparent to the Conservative throne.

But there are crown princes in the wings.

Two of the leading candidates, whose names are circulating, have the potential — should they both run — to turn the campaign into a succession battle between the Tory and the Reform branches of the Conservative family.

The first is Peter MacKay, the former leader of the Progressive Conservative party. Based on a January poll, he is the popular choice of Conservative sympathizers, with support spread pretty evenly across the country.

But it is far from certain he wants the job, at least at this juncture. MacKay retired from politics to spend more time with his young family a few months before the election. He has just joined a Toronto law firm. He could decide to take a pass on this campaign, thinking there will be another opportunity to run later on.

It is a rare federal party that does not earn a second mandate in government. At a minimum, the Conservatives could be looking at almost a decade in opposition. Over a similar period of time, the Liberals disposed of two leaders before Justin Trudeau led them back to office.

Former defence minister Jason Kenney is also said to be mulling his options. His polling numbers are not as impressive as MacKay's, especially in Central Canada, but those results underestimate his actual strength among the Conservatives members who will vote in the leadership election.

As the top social conservative in the last cabinet, Kenney has strong connections to the religious right. And his ethnic outreach on behalf of the party has allowed him to build networks within many cultural communities. But while the Conservative party may be ready to elect a social conservative as its leader, the country may not be so disposed.

The second tier consists of a gaggle of former federal ministers, none of whom could be described as a national household name. Of course, that was also true of Harper when he became leader and he still beat Paul Martin, albeit only on his second attempt.

Doug Ford — of Toronto municipal fame — and businessman/TV personality Kevin O'Leary complete the list. Neither speaks French fluently nor has any federal experience. Both enjoy as much or more name recognition than most outgoing Harper ministers.

But if that were a major asset, former hockey star Ken Dryden would not have finished a distant runner-up in the 2006 Liberal leadership campaign. He used to top the notoriety charts.

Most of the would-be leadership candidates will be working the corridors of this weekend's Manning Centre Conference in Ottawa, making it a warm-up session for a marathon race that will stretch well into the first half of next year.

Former ministers Tony Clement and Maxime Bernier, MP Michael Chong and O'Leary will all be hosting so-called meet-and-greet sessions. Kenney, Lisa Raitt and Kelly Leitch are among the former cabinet members expected at the conference. So are ex-MPs Brian Jean and Patrick Brown, who lead the official opposition in Edmonton and at Queen's Park, respectively. By any other name, this could be a class reunion for Harper alumni.

The state of Canada's conservative movement is the overriding theme of the conference. The fact that this year's gathering of the clans that make up the Canadian right is bringing together a record number of people who toil in provincial and federal opposition tells that story.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Cereal's serious decline

You would think millennials would have a bit of nostalgia for the cereals they slurped while watching Saturday morning cartoons, but they're ditching this beloved "part of a complete breakfast." Grains and milk have gotten a bad rap with some, but cereal's slide is society-wide: U.S. sales have fallen 30 per cent in the past 15 years. Instead, protein is popular: Think breakfast sandwiches and Greek yogurt. While half of Baby Boomers told research firm Mintel they were still regularly waking up to their favourite cereals from childhood, millennials tend to eat cereal as a snack, if at all. Many are skipping the most important meal of the day entirely. But those who do nosh in the morning complain cereal is not good on the go, and — as 40 per cent of Gen Y respondents complained — it requires a bowl you have to wash. SOURCE: THE WASHINGTON POST

ROSEMARY WESTWOOD

metroview

Science says what all pet people know: Animals have empathy

Growing up, our first dog, Murphy (a.k.a. Murphy Brown) had her own seat on the couch.

Most friends didn't mind if, while they were sitting in the far left corner watching Saved by the Bell and shovelling down Kraft Dinner, Murphy happened to plod along to the edge of the cushion and look up expectantly, like "Time to hit the road."

"Oh, that's Murphy's seat!" I'd say, and motion for them to relocate to the wooden rocking chair (don't scoff — it had cushions).

A few friends did mind, but I chocked it up to their ignorance. They didn't understand that Murphy was like us humans.

For decades, maybe forever, we pet owners have — irrespective of science — believed in the human qualities of our pets.

Their ability to feel joy and pain, to relate to our emotions, to comfort us by licking our tears, to love us and feel guilty for eating the garbage.

These days, we should be feeling pretty vindicated.

In two recent compendiums of the latest research, New York magazine suggested "Maybe it's time to take animal feeling seriously," while The Atlantic extolled the empathy displayed by "consoling voles."

"It seems illogical for us to think that animals might not be having a conscious mental experience of play, sleep, fear or love," scientist Carl Safina said in an interview last summer after the publication of his book Beyond Words: What Animals Think and Feel sparked debate. "It is incredible to me there is still a debate over whether animals are conscious and even a debate over whether human beings can know animals are conscious."

No, the scientific community isn't wandering around with purse pooches, telling their friends that fluffy-but-frightening Gigi has the best taste in shoes. But neither is there a blanket scientific aversion to acknowledging the human-like traits of non-humans.

Take the case of voles, mouse-like creatures who, during a recent study, sought to comfort their loved ones when they got electric shocks. It's worth looking up just for the photo of one vole putting its little paw on the back of this other, curled-up vole, who's looking rather downcast. "All will be well," the first vole is saying.

This, coming from a lowly vole, who can't even claim the human-likeness of a gorilla, the social complexity of an elephant, the intelligence of a dolphin or even of a crow.

Yet here they are, according to science: just little brown puffs of love. Or empathy, or something at least that looks like human empathy.

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metro LIFE

Your essential daily news

Adele triumphs at the Brit Awards, winning four trophies

Walk a mile in Roldan's boots

FASHION

International model talks diversity, pay gap and regrets

Nichole Jankowski
Metro | Canada

The fashion industry is famous for being fickle, lambasted for its impossible standards of beauty, and oft criticized for its lack of diversity. And so it's notable that Paolo Roldan — born in Quezon City, Philippines, who moved to Canada as a kid, and worked building circuit boards with his brother at a factory in Mississauga when he was young — was discovered not once, but three times.

The first time was in 2005 by renown modelling agent Elmer Olsen. "I was on my way into Hazelton Lanes on a Sunday," recalls Olsen in conversation with Metro. Roldan was working at popular Toronto boutique TNT at the time. "I walked in and saw him and went 'wow.'"

Olsen was quick to sign the 6'2" former basketball player.

"I never really took it seriously," admits Roldan, who was focused on his job. He remembers Olsen calling him for castings. "Sometimes I wouldn't even go."

In 2009, Roldan was in New York on a buying trip for the menswear boutique Nomad when David Bosman, founder of Boss Models, spotted him.

The third time came on the last day of his Fall Winter 2010 go-sees: Riccardo Tisci, creative director of Givenchy, personally cast him to walk exclusively for the house that season.

Sitting in a café on Toronto's Ossington strip, just a week after closing Todd Snyder's FW16 show, Roldan, 38, is recalling those early days. Asked if he's had any regrets, one came to mind.

"I don't want to say I wish I never did it," says the soft-spoken Roldan, referring to a nude shot by Mert Alas and Marcus Piggott that ran in French Vogue and cemented his status in the rapidly expanding men's fashion industry.

People love it because I represent them.

@juanpaoloroldan

With each passing season it seems another men's week is added to the calendar: Florence, Paris, London and New York — even Toronto has TOM, running this week through March 1.

The hectic show schedule keeps Roldan busy, but during his downtime he's been working on his own designs. Roldan hints at a capsule collection.

"I can't say now because I don't like jinxing myself," says the business-minded Roldan, who sees the industry perhaps all the more clearly because he understands the dollars and cents of it. This clarity extends to the ramped up show schedule (globally, sales of menswear have had double-digit growth for more than five years), diversity on the runway, and a pay gap that sees even mid-level female models earning an average of 148 per cent more than men.

"There's more buying power on the women's side," says Roldan, matter-of-factly. "I tell this to all the young guys — it's because the women buy more."

And when it comes to diversity, he views the industry's moves towards inclusiveness as little more than designers trying to expand their consumer base.

"For the most part it's business, and it's cool because it puts me to work," says Roldan.

Despite all his international success, Roldan is happy to call Toronto home. "All my family is here," says Roldan without hesitation. As our interview wraps, he asks when the article would be published — so his mom can pick up a copy.

HOW TO WET SHINE BOOTS

Vogue.com recently named Roldan their latest street style obsession, noting that "his boots are a particular point of fixation" for fans. To keep his boots looking their best, Roldan uses a wet (or spit) shine technique, which he shares here with Metro readers.

Directions

1. Clean off dirt using a boot brush. Wipe boots down with damp rag. Dry.
2. Apply a base coat of polish with a boot brush. Using a polishing cloth and small circular motions, go over the entire boot, adding more polish. Continue rubbing in using the same circular motions until the polish begins to smooth.
3. Take a spray bottle and mist the boot with water. Continue applying polish using the same cloth and technique. The boot will begin to get shiny.
4. Spray with water and buff.

Paolo Roldan is ranked among the sexiest men on models.com. PAOLO AZARRAGA/CLIENT MAGAZINE

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Luxe and shimmer

London Fashion Week rolled out a hectic catwalk schedule on Monday that included Burberry and Erdem THE ASSOCIATED PRESS

ERDEM FADED GOLDEN AGE GLAMOUR

Canadian designer Erdem Moralioglu's new collection is all about early 20th century glamour tinged with sadness, as if he were reflecting on screen divas trapped in old sepia photos.

As soon as guests arrive they are greeted with a dimmed stage suggesting a crumbled grand period mansion, complete with art deco lights, chandeliers, ornate columns and overturned chairs.

Models wore ankle-length slim gowns in a mostly-gloomy palette of black, navy and burgundy, adorned by myriad ruffles, shimmering brocade flowers and the intricate embroidery that the designer is famous for. A pair of unexpected, sky blue leather gloves brightened some of the outfits.

Standout looks included a gown with long gold tinsel-like tassels paired with an ivory mohair jumper, and a gunmetal grey sequined gown with matching cape.

SOPHIE SWEARS BY ERDEM

Sophie Grégoire-Trudeau wore an Erdem dress to Prime Minister Justin Trudeau's swearing-in ceremony.

BURBERRY TARTAN, PATCHWORK, SEQUINS

THE CLASSIC TRENCH COAT REIMAGINED

Design wizard Christopher Bailey has once more found new ways to reimagine Burberry 's traditional strengths, transforming the trademark trench coat style into a variety of sparkly metallic looks that were anything but military in tone.

There were military coats but they were made of cashmere — trench coats, cape coats, tunics and regimental jackets, some in military blue with red piping, but the looks were feminine, not severe. The collection mixes motifs, often in one outfit: a military style tunic and cape worn over a beautifully made flapper dress that would have served well in a Chicago speakeasy.

Most impressive were some of the colourful sequined tops that shimmered with a metallic sheen on the catwalk and the patchwork skirted mini-dresses, some in floral patterns.

"The collection was really a patchwork of everything that I love," Bailey said backstage after the show.

"The idea of running through a field in wellies was in there. So it was really this mish-mash of all different worlds put together," Bailey added.

ALL PHOTOS: GETTY IMAGES

Kate Hudson is Pretty Happy with life

NEW BOOK

Actress joins army of celebs building a lifestyle brand

As Kate Hudson establishes her own lifestyles empire with a line of athletic wear and a new book, she feels a camaraderie, not competition, with other actors who've made a similar move.

The Oscar-nominated star's new book, Pretty Happy: Healthy Ways to Love Your Body, comes after Cameron Diaz's The Body Book and Gwyneth Paltrow's weekly lifestyle publication Goop.

Then there's Jessica Alba's Honest Company and Blake Lively's now-defunct website Preserve, to name but a few.

"The truth is, most of the girls you just talked about are literally my girlfriends," Hudson, who also has her Fabletics line of sportswear, said in a recent phone interview.

"It's almost like we're like mom buddies and we get excited about talking about these things. None of them is better than the next one. We're all in it together."

Hudson said she feels "any woman's success is your success, for women."

"So when I see my friends succeed or put a positive message out there, like Jessica and like Gwyneth, it's amazing," said the 36-year-old, who has two sons.

"I'm so proud to be friends with them.

"To see women succeed and have that kind of success in their life should be absolutely celebrated — absolutely celebrated — in this day and age."

Pretty Happy is structured around what Hudson calls her "four pillars of health," explaining everything from mindfulness to the benefits of an alkaline diet and Ayurvedic medicine.

"I think it's more of a dialogue with women, more of an open conversation hopefully about everybody's differences," said Hudson, who won a Golden Globe and got an Oscar nomination for playing socialite Penny Lane in the 2000 drama Almost Famous.

Hudson said she wrote the book, in part, because she was frustrated after constantly being asked in interviews what her secrets are to looking so great and not being able to fully explain in a sound bite.

> **I really want to put what my philosophy is out there for those who care to read it.**
> Kate Hudson

"Everybody always asks me that question: 'What do you do to balance, how do you do this and how do you do that?' and I always feel so weird talking about myself, because I'm aware and I know that that's just not going to work for everybody," said the Los Angeles native.

"Instead of it being all these magazines that I get interviewed in and I answer a question and then it gets taken out of context, I really want to put what my philosophy is out there for those who care to read it.

"And then I feel like I don't have to keep saying: 'No, that's not what I meant. No, I don't work out 2 1/2 hours a day. That's impossible. No, I don't eat only vegan.'"

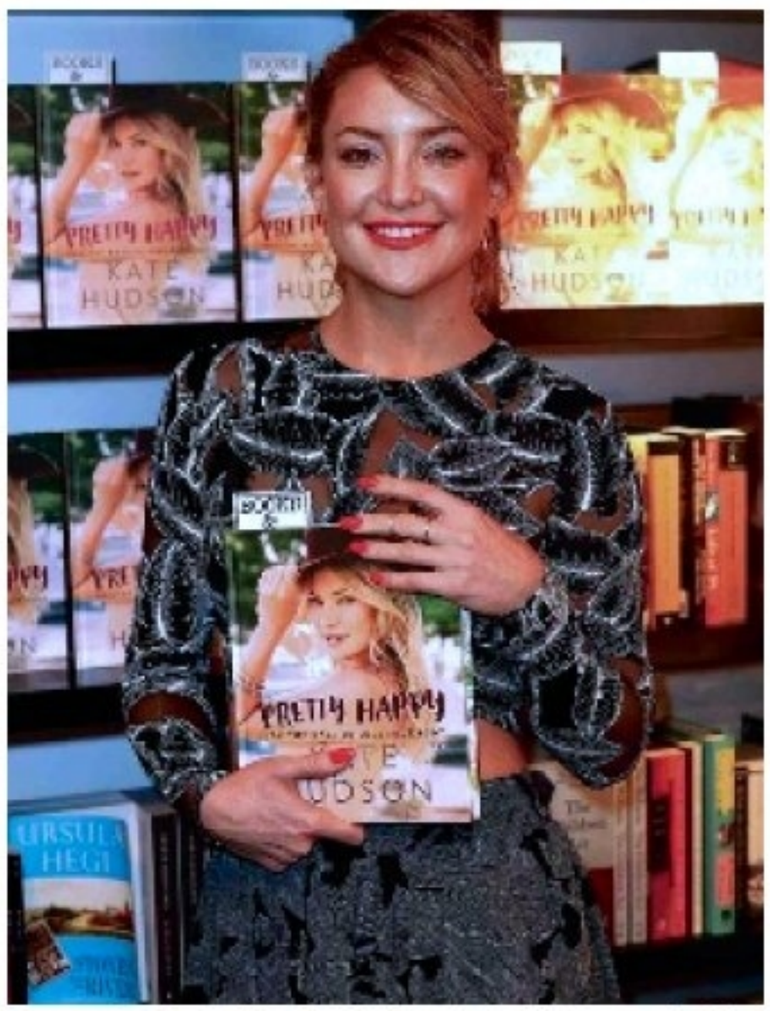
Hudson said she learned the benefits of being active and eating well as a kid. Her mom, Goldie Hawn, and stepdad, Kurt Russell, were role models in that way.

These days, she feels more carefree, self-assured and stronger than when she was in her early 20s.

Rumours have been flying that she's even dating someone in his 20s — pop star Nick Jonas. (A question about those rumours was shot down by a publicist.)

While Hudson still fluctuates in emotion and mood from time to time, she has "more acceptance of the things that life brings and moving with them," she said.

"When I felt like I could finally just accept what is, instead of putting expectations on myself or putting expectations onto other people or putting expectations onto what my career should look like or putting expectations onto whatever it is, once you actually start dealing with what is and what's happening now, I just felt an inner freedom." THE CANADIAN PRESS



Kate Hudson has a line of athletic wear and now a new book outlining what she calls her 'four pillars of health'. GETTY IMAGES

Queen of Metal tells all with T.O. blogger's help

MEMOIR

Lita Ford on clawing her way to the top of music world

Sue Carter
For Metro Canada

Lita Ford was only 16 years old in 1975 when she auditioned for a new act called the Runaways, described by its notorious manager Kim Fowley as "an all-girl teenage band of rebellious jailbait 'rock-and-roll bitches.'" Shortly before the audition and meeting bandmate Joan Jett for the first time, Ford had been attacked by gang members in an Arby's parking lot following an exchange of words. She showed up to perform with a blood-red eye and bruised face, and although Ford normally wasn't one to throw punches, her tough, street-fighting reputation was born.

Since then, Ford has been known as a fighter, a label she dismisses as myth. Now, after 40 years in the music business as a pioneering female guitarist, she's decided to set the record straight with Living Like a Runaway: a Memoir, published by HarperCollins. The book is a candid, at times painfully honest tour through her personal life and musical career as the "Queen of Metal."

Ford did have to fight to be taken seriously as a musician, which is one reason why the former Grammy nominee always wanted to write a book. "I started in the music industry as a young girl, not a woman. I wasn't the lead singer, I was the lead guitarist," she says. "I wanted to talk about all the hurdles I had to jump through in a man's world, to try to claw and scrape my way to the top when I just kept getting pushed down."

She spent last summer writing furiously — "I don't even think I took my robe off," Ford says — but was having no luck finding a co-writer with whom she gelled. One she describes as a chauvinist; the other, clueless about music. Then she received fan-mail from Toronto music blogger Martina Fasano. "It was the most incredible fan letter I had ever read. It really touched my heart," says Ford. The letter led to a text, then a phone call, and finally a meeting. Ford asked Fasano to help her out with a paragraph she was struggling with, which eventually led to the two collaborating on the manuscript. "She was a godsend, that little Italian rocker," says Ford.

> **She was a godsend, that little Italian rocker**
> Lita Ford says of Toronto music blogger Marina Fasono, her memoir collaborator

Although sex and drugs are requisite material for rock memoirs, it's rare for women musicians to reveal as much as the lads. Ford is open about her relationships with rockers like Jon Bon Jovi, Eddie Van Halen, and Mötley Crüe's Nikki Sixx, and the copious amounts of drugs on the scene. She writes about physical abuse she allegedly experienced from her ex-fiancé, Black Sabbath guitarist Tony Iommi, and the horrific conclusion to her second marriage, which ended with Ford becoming estranged from her two sons. Now that the book is out in the world, Ford has no regrets about being so open. "I didn't leave much out," she says. "I wanted people to know my life story, and the people who were in my life that I got to be with, and hang with musically, sexually, and just as friends. I had a lot to say."

Sue Carter is the editor at Quill & Quire magazine.

Lita Ford wants people to know her life story. GETTY IMAGES

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MUSIC BRIEFS

Kanye cuts down Ezrin
Kanye West is firing back at veteran Canadian music producer Bob Ezrin after he published a scathing takedown of the rapper's career. The Juno winner, and co-producer of Pink Floyd's classic The Wall, wrote an extensive blog post about the outspoken performer, saying that he doesn't think West's music will stand the test of time. West responded to Ezrin on Twitter, questioning whether anyone has heard of the 66-year-old producer. THE CANADIAN PRESS

Cranberries singer fined
The lead singer of the Irish rock band The Cranberries has been fined $6,600 for an air-rage incident on a flight from New York to Ireland. Dolores O'Riordan avoided a criminal conviction Wednesday. THE ASSOCIATED PRESS

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JOHANNA SCHNELLER WHAT I'M WATCHING

Where the wild things are

THE SHOW: The Nature of Things, Wolverine: Ghost of the Northern Forest (CBC)
THE MOMENT: The Carcass

In the dead of winter in northern Alberta, nature photographer Andrew Manske has been living for 21 days straight in a tiny blind, peeing into bottles to hide his scent, hoping to capture images of wolverines in the wild.

PHOTO FIRSTS
Nature photographer Andrew Manske scores his greatest coup: the first images of a female wolverine with her kits

Aggressive, vicious, nocturnal, wolverines are so elusive that, when Manske finally gets a glimpse of them, he posits that his is the first footage of wild ones in North America.

He gets it by staking out the carcass of a deer killed by wolves.

Night after night, wolverines come out to snack, padding on paws as wide as snowshoes. Later, aided by a University of Alberta team who are tagging and tracking wolverines, Manske scores his greatest coup: the first images of a female wolverine with her kits.

Here's the thing about nature docs.

Not only do you learn the stuff they want you to learn — I now know that pound for pound, a wolverine's bite force is stronger than any other land mammal — your mind is always blown by something.

And you never know what that thing will be.

With this one, it began by witnessing how many animals can live off one carcass, and for how long.

Wolverines, wolves, ravens, and lynx all chow down, with a clear hierarchy as to who eats when.

That got me thinking about animals and winter in general.

Do they sigh when it snows? Do they long for spring? Do they even have thoughts?

What is a thought, without words?

And, poof. Mind blown.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

You learn fascinating things from nature docs, like that pound for pound, a wolverine's bite force is stronger than any other land mammal. CONTRIBUTED

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MBA GUIDE

Work toward your MBA from anywhere

In our digitally interconnected world, it seems nearly anything is possible — including working towards an MBA degree in a strictly online space.

But that's nothing new for Athabasca University, based in northern Alberta. The school's online Executive MBA program was the first of its kind when it launched in 1994, and is currently the largest such program in Canada, with about 900 students.

Those students hail from across the country, from the west coast to the Greater Toronto Area, and from the Maritimes up to the territories. But wherever they're located, they're all plugged into a distinct learning environment.

"It's an incredibly engaging way to learn because you're exchanging ideas and everybody is participating," says Chris McLeod, director of marketing in the Faculty of Business at Athabasca.

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"In a classroom, really, only one person can speak at a time. In our environment, we talk a lot about the democracy of the idea, and that a conversation can ebb and flow depending on who's sharing the most interesting, thought-provoking, challenging ideas."

Students complete the program over the course of two-and-a-half to three years, while continuing to work. McLeod says that provides students a unique opportunity to apply their education in real-time, hands-on ways, and bring that experience back to their peers for further discussion.

While geographical flexibility is a key selling point for many students (some of whom complete their studies while working abroad), obtaining an MBA while holding down a full-time job isn't for everyone.

"It's not the quick way to get through and try to get an MBA behind your name," says McLeod. "(Students) need to be able to work, and to really put the effort in. It's a really rigorous program."

-DANIEL SQUIZZATO

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Carleton Centre for Community Innovation, Ottawa, ON &
Rockefeller Foundation Fellow, Impact Investing and Policy Innovation Collaborative, San Francisco, CA

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Choosing Cape Breton University for MBA was right for doctor

Dr. Kevin Orrell CONTRIBUTED

After 25 years of practice as an orthopaedic surgeon, Dr. Kevin Orrell was intrigued by an advertisement introducing the MBA in Community Economic Development (CED) at Cape Breton University (CBU). "It was time for me to challenge myself to learn something new," recalls Orrell.

CBU is known for strong business programs and its MBA is viewed as a challenging program that provides grounding not only in business, but also in development, leadership and international management. The special nature of CBU's MBA has made it an attractive program for people who wish to make a difference in both their organizations and their communities.

Orrell enjoyed every minute as a CBU student. The classroom experience was enriched by a diverse student population, which made for very interesting and well-balanced discussions. "The program was comprehensive and versatile enough to accommodate my busy work schedule without taking away from my academic experience," said Orrell. In addition to semesters, the MBA (CED) is delivered as a residency program structured around four-intensive weeks in July.

Graduating in October 2015, there were no immediate plans for a change of career. Orrell has always had an interest in the non-profit organizations associated with his profession, hospital and community. "I would have been a much better President of the Canadian Orthopaedic Foundation if I had done my MBA (CED) beforehand," he laments.

Schulich plays host to case competitions

CONTRIBUTED

After kicking off the year by hosting the 2016 MBA Games (the largest gathering of MBA students in Canada) in January, the Schulich School of Business at York University is gearing up to host its next two-case competitions in March, while also preparing its students to compete at other institutions. It's all part of the school's commitment to ensuring that masters of business administration (MBA) students receive a well-rounded education.

"What case competitions do is take what students have learned and give them an opportunity to apply it to as real life of a scenario as you're going to get," says Joe Fayt, a marketing instructor and Schulich's resident case competition coach. "Students gain problem-solving skills because they must take a complex situation, reduce it to its core issue and solve it. They also learn to work on teams effectively and see how well they are able to sell their ideas. Students find that these skills are what employers are looking for."

MBA case competitions vary in format but always see participants being presented with a business problem to which they must find the best solution in a certain amount of time. The solution is then presented to a panel of judges. Some competitions include individual cases and others split students into teams.

Fayt says competitions are not taken lightly by students, who begin training as early in the school year as October. However, it isn't only students who recognize the benefits of case competitions, Fayt says. Employers do, too.

"When students are successful at a competition, it's the very first line on their resumé. Many alumni have told me that in 30-minute interviews they have spent most of the time talking about the case competitions," he says. "Also, because many case competition panels are made up of judges who are company executives, I have seen students get job offers on the spot."

JP Del Carmen, the co-chair of the 2016 MBA Games Organizing Committee, second year MBA student at Schulich and a member of last year's team, says competitions are a great way to network. A large event such as the MBA Games, which sees delegates from the country's top business schools compete in not only case competitions but also sports tournaments and spirit battles, is a great example.

"It's quite a hyped event," he says of the MBA Games, at which Schulich's team placed third this year. "It's a great opportunity for schools to show their chops but the Games really serve to strengthen the MBA network across Canada. You meet, interact with and compete against business professionals who are building their careers just like you are."

And while some teams begin to plan and strategize right after the previous year's Games wrap up and others come together closer to the event, Del Carmen says it's also important not to get too caught up in the competition aspect of the gathering.

"At the end of the day, it's about how well rounded MBAs are and having interests outside of the classroom," he says.

With their range of benefits, case competitions can become quite addictive, says Fayt, who himself was hooked after serving on a judging panel and realizing the educational value. Becoming more involved was a no-brainer for him when he was asked to coach students in a more formal capacity and took Schulich's team to the top spot of the MBA Games in 2010 after it had placed 19th the previous year.

"I'm always so proud of Team Schulich, no matter the competition," says Fayt.

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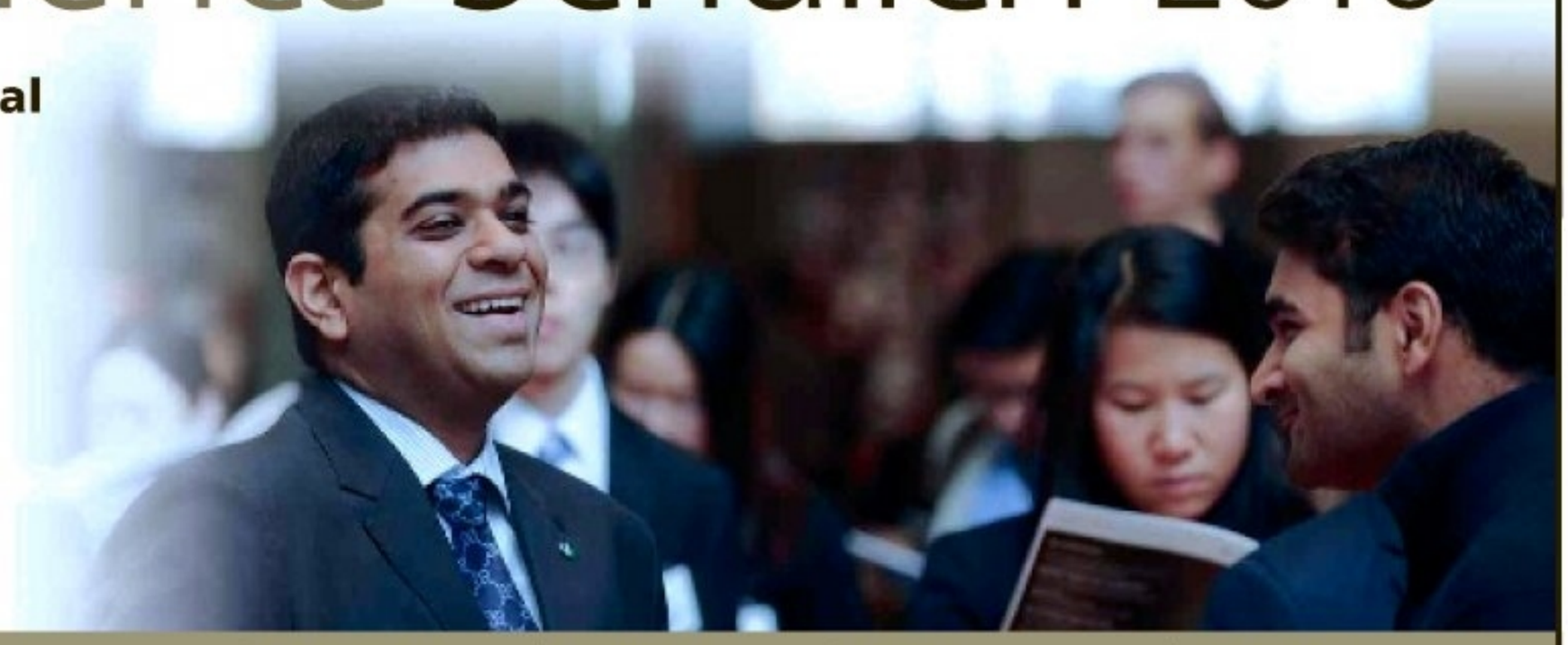

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Rotman helps create a new edge

Originally from Bangladesh, Asad Rahman completed his post-secondary education and launched a marketing career in Singapore. And although he was no stranger to the unique complexities of various international locations, after moving to Canada, Rahman struggled with advancing his career.

"I did not do a good job of highlighting the value I brought to my organization," says Rahman, who will graduate from the business edge program offered by the University of Toronto's Rotman School of Management in March. "This program helped me to gain self-awareness and I now have a clear understanding of my transferable skills and hidden attributes. I am much more confident about my skills and experience, and how I can contribute in the Canadian workforce."

The six-month offering, which is facilitated during evenings and weekends, focuses on giving internationally educated professionals a thorough understanding of

Asad Rahman CONTRIBUTED

Canadian workplace culture and "soft skills" through themes such as advanced communication, leadership skills and career management.

"Business edge is a very well thought out and well researched professional development program," says Rahman. "I've found each professor, coach and presenter extremely helpful. That's because they were carefully selected for their expertise and knowledge in their own fields. Every session has been very informative and practical."

Currently a digital asset management (DAM) professional in the TV broadcasting and media industry, long-term Rahman hopes to transition into the health sector or another sector that implements DAM technologies.

DOUBLE DEGREE IS KEY TO SUCCESS AT QUEEN'S

With tens of thousands of Canadian university graduates entering the workforce each year, established professionals are constantly searching for ways to stay competitive. Getting a Master of Business Administration (MBA) is one way that future leaders stay nimble in the job market, but many candidates today are looking for new ways to combine experiential learning with a traditional academic education. Highly specialized double degrees have become a sought after way to take one's career prospects to the next level.

Just as future leaders are seeking ways to stay ahead of the curve, Smith School of Business at Queen's University recently innovated its traditional one-year MBA program to enable its students to pursue a flexible and customizable academic path. This targeted approach offers students the opportunity to build on their business acumen with a double degree in such highly specialized fields as finance, management analytics, international business, and law.

"We develop our programs to ensure that students have the skills to be the leaders of

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tomorrow," says Shai Dubey, director of the Smith School MBA program. "That means being able to lead innovation and often approach projects with an entrepreneurial mindset."

Queen's MBA also builds connections. "We bring in industry experts as guest lecturers and for special lecture series," Dubey says. "Alumni also are involved in many of our courses as lecturers or advisors."

"Maintaining an active, engaged alumni network is a key to our success," Dubey says.

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A growing city within a city

CONDO TRENDS

Humber Bay features new developments, natural beauty

Duncan McAllister
For Metro Canada

A network of waterfront parks south of the condos offers a quiet refuge from the busy city. Right: Mattamy has been active in the Humber Bay community, including the Lago condo. MAIN:DUNCAN MCALLISTER/FOR METRO; LAGO COURTESY MATTAMY HOMES

The Humber Bay Shores is a veritable city-within-a-city of condominiums at the foot of the Humber River. This desirable location sits right on the waterfront with exquisite views of the lake and Toronto skyline.

Ultimately, it will be home to 25,000 residents. Slow in coming has been the promised development of area amenities for a community of this size. Well, now things are starting to happen.

In what promises to be a thriving waterfront community, plans are underway to create a pedestrian-friendly promenade along Marine Parade Drive, a waterfront walkway originally planned in 1890, with shops and restaurants across 20 acres of waterfront property.

Local restaurants are starting to pop up along this waterfront avenue, like the Eden Trattoria. Specializing in Italian cuisine for over 18 years, this family restaurant has become a favourite for locals and tourists alike, with a menu that originated at Eden's first and original location in Corso Italia.

There's also a new pub-style restaurant that's opened on Marine Parade Drive.

The Firkin on the Bay promises to be a new breed of British pub, inspired by a contemporary U.K. vibe, offering a selection of 30 beers on tap and bottle.

For residents who like to shop, there's the Pier 1 Imports store on the Queensway, specializing in in a unique assortment of imported furnishings, home decor items and tableware for your condo. 929Cakes is an interesting little bakery and grocery store on the Lakeshore that specializes in unique, delicious and affordable cakes for all events.

And the Humber Bay Park Metro store offers local condo dwellers a fresh variety of foods and services, including organic and natural products, a sushi counter and a full-service florist.

This year, The Humber Bay Shores Condominium Association will continue to bring the farmers' market to the community. The market is held Saturdays from June through October at the Humber Bay Park West, with local farmers from Ontario featuring fresh produce, meat, herbs, cheeses and preserves.

A network of waterfront parks south of the condos offers a quiet refuge from the busy city. The Humber Bay Butterfly Habitat is four-acre natural reserve located in the Humber Bay Park.

An ecological restoration project that's the first of its kind to have large areas devoted exclusively to native plants, it provides a habitat for a variety of native butterfly species.

Ocean Club condos has a two-storey restaurant at the base of its south building, with a huge patio. GRAYWOOD DEVELOPMENTS

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CONDO PROFILE

Meet The Met

CONTRIBUTED

WHAT YOU NEED TO KNOW

What: The Met at Vaughan Metropolitan Centre
Builder: Plaza and Berkley Developments
Architect: Quadrangle Architects
Location: Highway 7 and Jane Street
Building: A 35-storey tower with 510 units
Sizes: From 510 to 875 square feet.
Pricing: From $294,000 to $485,000
Suites: One bedroom, one bedroom plus den, two bedrooms, and two bedroom plus den
Status: Pre-construction
Sales centre: 7800 Jane St., unit 14
Hours: Monday to Thursday 12 to 6 p.m. Weekends 11 a.m. to 5 p.m., Fridays by appointment
Phone: 416-862-0888
Website: pureplaza.com
Email: met@plazacorp.com

Project overview

The Met is a new transit-friendly condo development from Plaza and Berkley Developments, ideal for first-time buyers or students attending York University. The project also includes 62 townhomes with private rooftop terraces and underground parking.

Location and transit

In the heart of burgeoning Vaughan Metropolitan Centre, the building is located across from the new Yonge-University TTC subway line. Motorists will enjoy quick access to nearby Highways 7, 407 and 400.

Housing amenities

Residents will have full access to a party room, dining room and catering kitchen. There's a fitness centre with a whirlpool and spa, an outdoor lounge complete with barbecues and a 24-hour concierge.

In the neighbourhood

The Met enjoys a prime location at the crux of Vaughan's new city centre that includes Vaughan Mills, Canada's largest shopping centre, Imax and AMC movie theatres, and the Kortright Centre for Conservation.

DUNCAN MCALLISTER/FOR METRO

ADVICE

What to do when a realtor knocks

Jeffrey Cowan
For Metro Canada

Q: We have been approached by a realtor who represents different developers in the city and they have shown an interest in purchasing my property and that of my neighbours. Can you give me some candid advice about what I should be looking for both as potential benefits and problems.

A: Putting together a land package for the use by developers can be a profitable endeavour for the present owners of land as well as the realtors who broker the deal and of course the developers who build on the site.

One thing you have to remember is that each individual parcel of land needs to be on side for the site to be of any use to the builder. Often, individual homeowners come to together to present a united front and thereby make the development more tangible and possible.

When one part of the puzzle has unrealistic demands, it could jeopardize the entire deal. My first stopping point in this situation is therefore to advise clients to get an appraisal of their property so they have a market price of what their house is worth: they can then demand an augmented price for their land as part of a larger picture.

Obviously you should have any offer that is being made reviewed by your lawyer to make sure there are no hidden provisions/clauses that could detract from the deal you are getting. You are in a lucky position: just remember, they're not making any more land, but keep your demands realistic.

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REAL ESTATE

What's hot on the market

DUNCAN MCALLISTER

1 GRAND OPENING

Boutique condo: This Saturday, the sales centre for Heartwood — The Beach, a six-storey boutique condo community, opens at 1 p.m. at 1919 Queen St. E., just east of Woodbine. CONTACT: 416-315-3681, HEARTWOODTHEBEACH.COM

2 OPEN HOUSE

Waterfront: Several townhomes will be shown at the Star Tower waterfront condos this weekend. Head over to 2230 Lake Shore Blvd. W., on Feb. 27 from 2 to 4 p.m. CONTACT: DOUGLAS HUI, 416-789-0288

3 NOW PREVIEWING

Peter and John: The PJ condos at Peter and John streets in Toronto's entertainment district. Visit the sales centre at 283 Adelaide St. W. CONTACT: 416-596-1600, PJCONDOS.CA

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DESIGN

Ung Svensk Form, and other highlights from Sweden

As a region that's world-renowned for its design talent, Scandinavia recently celebrated the art of home interiors in Sweden's capital with the Stockholm Furniture & Light Fair. Here's a look at some of the highlights from this year's event.

Foscarini's Glass Drop ceiling light. HANDOUT

Guests of honour

Every year the Stockholm Furniture & Light Fair picks a designer as its guest of honor. For this edition, the British design studio Barber & Osgerby was selected to showcase its work at the event, creating a lounge in the entrance hall to the Stockholmsmässan congress center where the fair is held.

Young, up-and-coming designers got a chance to show off their talent in a space called the Greenhouse, designed by the studio Form Us With Love. This area also hosted the Ung Svensk Form (Young Swedish Design) exhibition.

Blown glass and tartan

New products on show at the fair included a selection of blown-glass objects from Foscarini. These included the Caiigo ceiling light by Marco Zito, evoking the morning mist in Venice. Tartan proved another source of inspiration, with a ceiling light named after the crisscross pattern designed by Ludovica and Roberto Palomba. Plus, as part of an ongoing collaboration with Diesel, Foscarini presented a new version of the Glass Drop ceiling light with a white diffuser.

40,000

The Stockholm Furniture & Light Fair attracts 40,000 visitors and 6,000 foreign buyers, architects, designers and journalists from more than 60 countries.

Magis expanded its Officina collection with new chairs from the Bouroullec brothers, using the same wrought ironwork seen in other pieces in the range. Danish design store By Lassen, Copenhagen presented a nickel version of the Kubus candleholder created in 1962 by Mogens Lassen, a key figure in Danish functionalism.

French designer Inga Sempé presented the w103f lamp designed for Wästberg, featuring modular elements for different configurations.

AFP

BILD

Building with wood

Bryan Tuckey
For Metro Canada

A new type of building is coming to the GTA; the first six-storey wood residential projects are just months away from construction.

Mid-rise buildings, which are generally five to 11 storeys, are an important built form for the future growth of the region and the home building and land development industry wants to construct more of them. Building them is challenging, but the ability to use wood construction helps to make them more achievable.

Wood is a sustainable resource, it's a lighter material to transfer and work with, it's faster to build with and it's ideal for building on small sites, which all leads to making mid-rise buildings more financially feasible.

For years BILD and a number of its partners advocated for legislative change to permit the construction of wood buildings up to six storeys. In January 2015, an amendment to the Ontario Building Code took effect allowing wood construction to this height. Prior to the code change, wood buildings could only be constructed up to four storeys. Since then the development industry has worked to find innovative ways to design, build and market this new type of home and now the first six-storey wood residential projects are just months away from construction.

One of the first six-storey wood buildings expected to be constructed this summer is Heartwood the Beach. In Toronto's Beaches neighbourhood, it is a partnership of BILD members Fieldgate Urban and Hullmark Developments and is designed by Quadrangle Architects in collaboration with Moses Structural Engineers.

The building will have 37 suites, eight per floor and five unique penthouses and celebrates the use of wood from the outside in. One example is the use of the construction hoarding around the property as a marketing and educational tool explaining the benefits of wood construction.

The second project expected to be constructed this summer is The Cabin by BILD members Curated Properties and architects RAW Design in Toronto's Queen West neighbourhood. The project features 25 two-storey units each with its own yard, private rooftop garden or terrace.

Both projects exemplify the promises of mid-rise buildings, which include making use of existing infrastructure, benefitting the surrounding neighbourhood by revitalizing underutilized properties and bringing a new housing type and businesses to the area.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

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metro SPORTS

Guelph's Graham Fach made history — and $40,000 in prize money— on Sunday in Columbus as the first Canadian to win a PBA Tour title

The curious case of the Blue Jays centre-fielder

MLB

Pillar strives to be like a baby in his training regimen

Kevin Pillar didn't like the way his body was moving through workouts when he first reported to the Toronto Blue Jays camp last month.

So he changed his whole routine with one goal in mind — be more like a baby.

"It kind of sounds weird unless you see it happen, but my focus is really to try to move like an infant child," the Toronto centre-fielder said before Wednesday morning workouts at Florida Auto Exchange Stadium.

"They do a lot of things right: they know how to properly roll over, they don't allow their big muscles to dominate their bodies."

Pillar's new routine, which emphasizes flexibility and mobility through rolling and stretching, is aimed at targeting the body's smaller muscles. The results are already beginning to show.

"The big thing I've noticed is I wake up in the morning and I feel better," he said. "I'm not as sore as I used to be."

Pillar, who played 159 games last season, estimated he felt "below average" physically for about half of them.

Part of that had to do with the way he plays in the outfield — with reckless abandon. He runs at top speed to track balls, dives through the air to catch them and lands hard on the artificial turf-covered concrete of the Rogers Centre.

The highlight-reel catches that punctuated Pillar's 2015 season may not be as prevalent this year.

"With improved mobility and quickness, hopefully I don't have to dive as much," he said. "But when I do dive, hopefully I'll be able to bounce back quicker than I did last year.

"It'll be easier to get up from. I'll be less sore, I'll recover a little bit quicker. Those are my main focuses."

"I'll be less sore, I'll recover a little bit quicker. Those are my main focuses."
Kevin Pillar

While position players don't have to officially report until Thursday, Pillar has been here since Jan. 20 — three days after purchasing and moving into his first home with his wife, Amanda, in Thousand Oaks, Calif.

Pillar, second baseman Ryan Goins and first baseman Chris Colabello have all been working out together at the Jays facility along with all-star slugger Jose Bautista.

"The off-season is fun to get away but, after a while, you miss that camaraderie," Pillar said. "We really just want to build on what we started last year. It's fun to see your friends and family at home and get away from the game but you miss that aspect of competition and brotherhood and friendship.

"For guys like me, Goins and Colabello, last season was really our first full season and we just want to push each other to be better this year."

Pillar, who had to battle for a starting outfield job last spring, finished the season with a .278 batting average, 12 home runs and 56 RBIs. But he cemented himself as the team's centre-fielder with his strong defence.

Now that he's virtually assured a spot on the big-league roster, Pillar's focus has changed.

"As much as I want to say it won't change, I think it does a little bit," he said. "I've never been in a position where I've had job security so I don't like to look at it like that. But at the same time I understand where I stand with the team now.

"I'm still going to go out and compete but in the back of my mind I understand that I'm playing for something bigger than a job. I'm playing for the whole regular season and to help the team win."

Toronto manager John Gibbons believes Pillar can only get better with a full major-league season under his belt.

"Kevin came into his own last year, did a tremendous job," Gibbons said. "The year before he was up and down a little bit, trying to establish himself and last year he did it.

"Now he thinks he belongs, he feels he belongs and he does." THE CANADIAN PRESS

PHOTO: CARLOS OSORIO/TORSTAR NEWS SERVICE

NBA

Raptors win 9th straight at ACC

The victories at the Air Canada Centre keep coming for the Toronto Raptors.

DeMar DeRozan poured in 31 points to lift the Raptors to a 114-105 victory over Minnesota on Wednesday, tying the franchise record with their ninth consecutive win at home.

Kyle Lowry added 21 points, while Cory Joseph had 18 points off the bench. Jonas Valanciunas chipped in with 14 points and seven rebounds for Toronto (38-18).

WEDNESDAY in Toronto

114	105
RAPTORS	T-WOLVES

Andrew Wiggins, the reigning NBA rookie of the year from Vaughan, led the T-Wolves (18-40) with 26 points.

The last time the Raptors had won nine in a row at home was way back in 1999.

The Raptors put together a nine-point lead in the fourth, but the T-Wolves chipped away at it, and a put-back dunk by Zack LaVine tied the game with 3:48 to play. But Toronto's all-stars Lowry and DeRozan drilled consecutive three-pointers, putting the Raptors ahead 107-101 with just under two minutes to play. THE CANADIAN PRESS

City sitting pretty with 3 away goals

CHAMPIONS LEAGUE

Manchester overpower tenacious but rusty Kyiv side

Sergio Aguero scored one goal and helped create another as Manchester City powered to a 3-1 first-leg win over Dynamo Kyiv in the last 16 of the Champions League on Wednesday.

Aguero and David Silva's goals gave City a 2-0 cushion at the break before Vitaliy Buyalskiy pulled one back for Dynamo and Yaya Toure secured a valuable third away goal for City.

"It is not finished but playing away and having a two-goal lead is very good," City coach Manuel Pellegrini said. "Maybe when it was 2-1 we had moments of doubt, but then we got the third goal."

Facing a team which had not played competitively since December, Aguero took full advantage of poor Dynamo defending at a corner to score his 15th-minute opener with a simple finish after being left unmarked.

Aguero has now scored eight goals in City's last nine games and 16 in his last 17 Champions League starts. The Argentine also helped to set up City's second, feeding Raheem Sterling with a back-heel on the edge of the box. Sterling then crossed for Silva to score at the far post just before halftime.

Dynamo struck back in the 59th minute through Buyalskiy, whose shot from 20 yards deflected in off Nicolas Otamendi.

Buyalskiy's goal breathed new life into the Dynamo team, as well as delighting Ukrainian President Petro Poroshenko, who was watching from the stands with a group of soldiers in a show of support for Ukrainian forces fighting Russian-backed separatists in the country's east.

THE ASSOCIATED PRESS

Manchester City's David Silva puts his side up 2-0 on Wednesday in Kyiv, Ukraine.

EFREM LUKATSKY/THE ASSOCIATED PRESS

IN THE NETHERLANDS

Diego Simeone's Atletico Madrid were held to a 0-0 draw as 10-man PSV Eindhoven comfortably survived more than 20 minutes after a red card was shown to striker Gaston Pereiro.

TORONTO FC

Hammy hobbling Jozy again

The Montreal Impact and Toronto FC will head home from MLS pre-season this weekend playing a waiting game with their star strike force.

The issue is more worrying for Toronto, with U.S. international forward Jozy Altidore doubtful for the March 6 opener with a hamstring issue after pulling up at a practice Tuesday. It's a minor pull but is a concern given Altidore's hamstring history.

"We'll see over the next seven days or so how he progresses," said Toronto head coach Greg Vanney.

It's an unfortunate start for Altidore who rejigged his training regimen and diet during the off-season in a bid to avoid such physical problems.

Jozy Altidore

GETTY IMAGES

Toronto also sat out reigning MVP Sebastian Giovinco due to a sore left leg in Wednesday's 1-1 friendly tie with Montreal in Clearwater, Fla.

"We hope to have Sebastian ready to go by the weekend but we're not going to push him if he's a little sore or anything like that, we're not going to push it," said Vanney.

Didier Drogba has yet to see action for the Impact after arriving late in camp but there is no concern about the health of the 37-year-old from the Ivory Coast. It's more a case of getting him game-ready.

"He's been training hard, getting himself ready. Get a few more training sessions under his belt and we'll see if he can get some minutes on Saturday," said Montreal coach Mauro Biello.

THE CANADIAN PRESS

IN BRIEF

Rockies adjust to spring training without Reyes

The Colorado Rockies have had some of the uncertainty surrounding Jose Reyes' status resolved, at least for spring training.

The four-time all-star shortstop has been placed on paid leave under Major League Baseball's new domestic violence policy pending the outcome of criminal proceedings.

"It helps to have some direction," Rockies manager Walt Weiss said Wednesday, "but I don't think we're going to be surprised by anything throughout the process."

THE ASSOCIATED PRESS

Baby Sens fall to Marlies

William Nylander and Zach Hyman scored first-period goals to carry the Toronto Marlies to a 3-1 win over the Binghamton Senators in AHL action Wednesday afternoon.

Sam Carrick added an empty-net goal for Toronto while Travis Ewanyk had the lone goal for Binghamton.

THE CANADIAN PRESS

By the end of the first (round), I feel he will be put away.

Conor McGregor's trash talk for UFC 196 opponent, Nate Diaz.

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RECIPE Spinach and Sundried Tomato Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't be fooled by the simplicity of this pasta recipe, it delivers incredibly deep and complex flavours out of the tiny time it demands of you. Which may explain our addiction to it.

Ready in
Prep time: 5 minutes
Total time: 20 minutes
Serves 4

Ingredients
- 500 g penne pasta
- 4 cups baby spinach or arugula
- 1/4 cup sundried tomatoes, diced (not packed in oil)
- 1/4 cup olive oil
- 1 large clove garlic
- 1 tsp umami paste
- 1/2 cup shaved Asiago cheese, plus 1 Tbsp
- 1 handful of basil leaves (about 20), thinly sliced

Directions

1. Prepare pasta according to package directions in well-salted water. During the last minute of cooking time, drop the spinach and sundried tomatoes into the water. Reserve 1 cup of cooking water then drain pasta.

2. Pour drained pasta and vegetables back into pot and mix in olive oil. Using a microplane, grate garlic into the pasta, add in the umami paste, cheese, and stir. Loosen up your sauce by adding a tablespoon of reserved pasta water at a time until you reach desired consistency.

3. Serve with basil and Asiago sprinkled on top.

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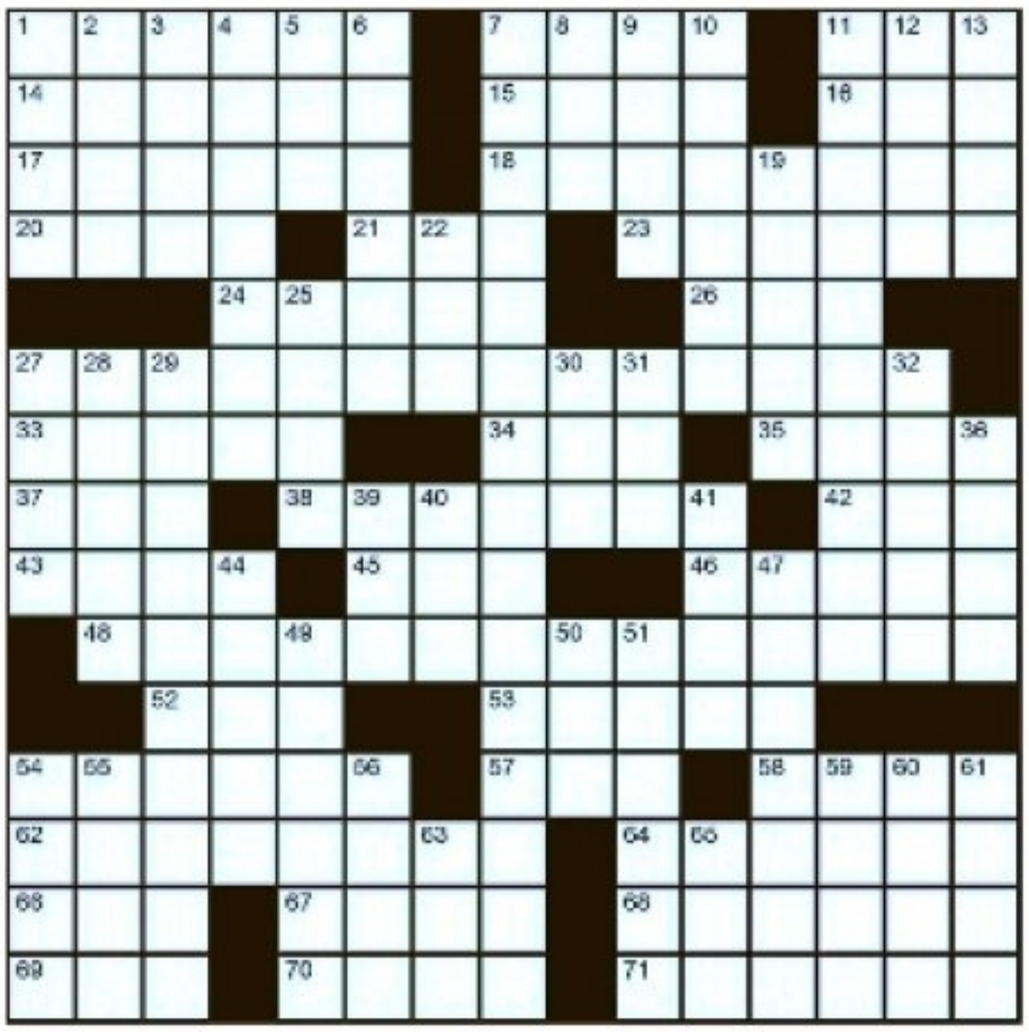
BY KELLY ANN BUCHANAN



ACROSS
1. Apartment lease signer
7. Bewildered stare
11. Isthmus of __ (Malay Peninsula part)
14. "Fancy" rapper Iggy
15. "Is that station on FM ___?" ...wondered the radio listener
16. "Well, __ really."
17. Hat type
18. Bernie Taupin on an Elton John classic
20. Wrapped garment
21. Psychedelic drug
23. B.C.'s __ Valley
24. Smoulder
26. "Ugh!"
27. Creative trends for adults in the world of publishing now: 2 wds.
33. Contracted 'are not'
34. Cute laugh, when doubled
35. Bother/irritate ...in a typo
37. Idled
38. Canadian band with the 1982 hit "Your Daddy Don't Know"
42. Favourer's vote
43. Hgts.
45. "__ darn tootin'!"
46. Mil. rank: 2 wds.
48. It made headlines in the world of rock in 1970: 2 wds.
52. Time off letters
53. Set of values
54. Mr. Kutcher
57. "Wellll...?"
58. Phone nos.
62. Rather embarrassed
64. Cat who hosts #32-Down
66. Ms. Carrere
67. __-1, "Ghostbusters" (1984) vehicle
68. American inventor Thomas
69. Party-less politician, puny-ly
70. District
71. Lucifer's

DOWN
1. On-people pix
2. Canadian pundit Mr. Levant
3. Reshmi __, CBC journalist
4. Sackville, N.B.'s Mount __ University
5. Omaha's li'l state
6. "Tell It to My Heart" singer Ms. Dayne
7. Populated region around western Lake Ontario as it's known: 2 wds.
8. 'Legend' suffix
9. Golfer's norms
10. Mr. Estevez
11. Bookshelf trinket
12. Santa __, California
13. Office memo abbr.
19. Wintertime drink by the fire
22. Go downhill
25. Producer/songwriter Mr. Lange
27. House: Spanish
28. Teeth care brand
29. Company's stationery
30. Basic category [abbr.]
31. Wager
32. 'SY' of SYTYCD: 2 wds.
36. Kennel cry
39. Olive of cartoons
40. Celebrity chef Ms. Drummond
41. Margarine
44. Health: French
47. Try that food sample: 2 wds.
49. Saint-__ (South of France resort)
50. Randy Bachman's '70s gr.
51. __ Scholar
54. __ Spumante wine
55. Knee-to-ankle midpoint
56. Album of 1967: 'The Velvet Underground & __'
59. Queen in "Frozen" (2013)
60. Mr. Trotsky
61. Thesaurus entries, for short
63. RR depot
65. Writer Ms. LeShan

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Progress arrives through taking chances and rejecting traditional ways of doing things. The more others try to persuade that now is not the time to try something new, the more confident you should be.

Taurus April 21 - May 21
Today you will demand to have your say. Others will be so shocked they might actually listen for a change. If not, don't be afraid to shout!

Gemini May 22 - June 21
Be aware of others' doubts but don't let them influence you too much. Have confidence in yourself, with your ruler Mercury in one of the better areas of your chart you won't lack for self-belief.

Cancer June 22 - July 23
For the next 24 hours, others may not be telling you the truth. It does not matter how good a deal you're being offered, if there is the slightest doubt in your mind you must turn it down.

Leo July 24 - Aug. 23
Don't be too hard on people whose beliefs are different from your own. They are as entitled to their way of thinking, so be tolerant. If that's not possible, just stay out of their way.

Virgo Aug. 24 - Sept. 23
You may not take kindly to outsiders telling you how to do things but perhaps on this occasion you should listen. If they are all saying much the same thing it may be a sign that they are on to something. Think about it.

Libra Sept. 24 - Oct. 23
Mercury in Aquarius is still doing wonders for your confidence. Today, go out of your way to show the world what you can do. Don't let anyone tell you that you are aiming too high.

Scorpio Oct. 24 - Nov. 22
This is an emotional time for you. Be careful not to let little, everyday things get you down. Strive to see the good in your life and in everyone you know. It's still there — it just takes a bit more effort to recognize.

Sagittarius Nov. 23 - Dec. 21
Usually you like to hear both sides of every story but today you will come down strongly in favour of one particular viewpoint. Don't beat about the bush — say your piece.

Capricorn Dec. 22 - Jan. 20
You are under no obligation to be nice to someone but realize that they may be useful to you in the near future, so try to stay on good terms.

Aquarius Jan. 21 - Feb. 19
Anything is possible today but that's not an invitation to ignore common sense and take on a task that is clearly not worth the time and energy that will be required to make it work. Be selective in your enthusiasms.

Pisces Feb. 20 - March 20
Don't give away too much information. Play your cards close to your chest and keep those you work with guessing what your next move might be. The less they know the bigger your personal advantage will be.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					2	5	3	
				7				
	2	6	9		8	4	1	
7	5			8			2	4
9								8
1								6
8								5
	3						4	
		5	2	1	4	9		

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5	8	4	3	2	7	6	9	1
3	6	2	9	8	1	4	7	5
7	1	9	5	4	6	2	8	3
9	4	5	6	3	2	7	1	8
2	3	1	8	7	4	9	5	6
6	7	8	1	9	5	3	2	4
4	2	3	7	1	8	5	6	9
8	5	7	4	6	9	1	3	2
1	9	6	2	5	3	8	4	7

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